TERRE HAUTE FAMILY YMCA
200 SOUTH SIXTH STREET
TERRE HAUTE, INDIANA 47807
(812) 232-2361

NON-PROFIT
BULK RATE
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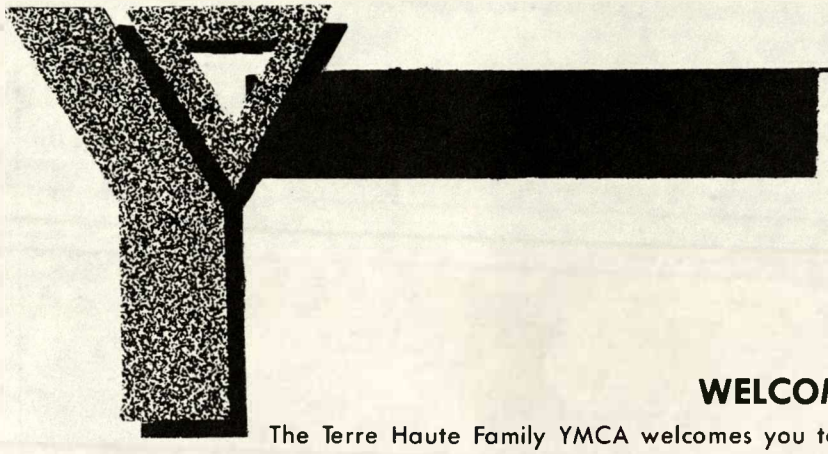
PERMIT NO. 333
TERRE HAUTE, IND.

YMCA
The family Place!



YMCA
The family Place!

WELCOME

The Terre Haute Family YMCA welcomes you to our family of YMCA members. Since 1894, this organization has sought to serve the youth and adults of Vigo County by fostering health of "mind, body, and spirit." Over the years, we have grown and expanded to meet the ever-changing needs of our community. We seek to continue to provide facilities, programs, and services to every age and interest, and particularly to those new members entering what we hope will be a long and happy association for you...and your YMCA!

On these pages you will find descriptions of your membership privileges as well as your responsibilities. For information regarding particular programs and events, be sure to consult the YMCA program guide and any special event brochures.

OUR ORGANIZATIONAL STRUCTURE AND FUNCTION

The Terre Haute Family YMCA is an association of individuals joined together in service, fellowship, self-development, and leadership. As one of these members you are now a part of an international organization that functions in more than ninety countries and all fifty of the United States. While each YMCA is a locally owned and operated association, your membership is usually recognized and honored throughout the country.

The Terre Haute Family YMCA is governed by a local Board of Directors that is elected from the membership to represent you. The staff and Board of Directors seek to work in harmony with each other and with you, the member, in order to make your association with the Terre Haute Family YMCA as enjoyable as possible. We currently have twenty-six individuals that help to form policy by which the YMCA is operated. Your input and suggestions are the only way we can do our job effectively.

The Terre Haute Family YMCA is a member of the Wabash Valley United Way. We receive funding each year from the United Way, and, as a members agency, encourage all our members to support the United Way. Not only will this help us, but also helps the many agencies that serve the Wabash Valley.

OUR PURPOSE, GOALS, AND MISSION

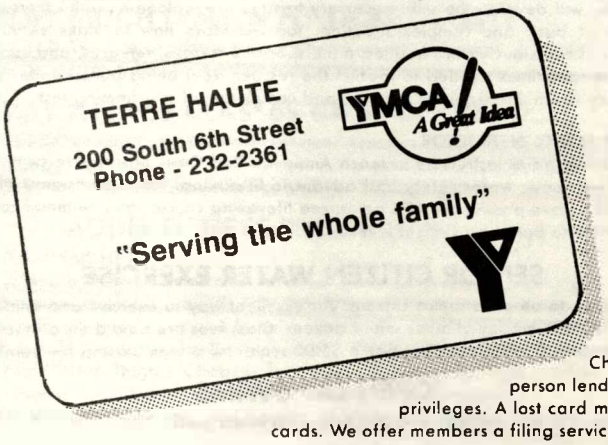
The purpose of the YMCA is the spiritual, social, intellectual and the physical education and growth of its members and constituency; consistant with the spirit and teachings of Jesus Christ; and in cooperation with the home, school, church, and other institutions to render such services in the community and world as will tend to secure a better social, economic, educational, moral and spiritual condition for society. The goal of the YMCA shall be to enhance the quality of life of its members and constituents by increasing the physical, mental, and social fitness of our participants.

MEMBERSHIP

MEMBERSHIP

Your membership is to the Terre Haute Family YMCA. Each YMCA that is affiliated with the YMCA of the USA is locally owned and autonimous. Each YMCA establishes its own policies in regard to YMCA membership privileges and transfers. Most YMCA's will honor memberships from other YMCA's for a limited basis. Many times memberships are transferable to other YMCA's in the event that you should move. If you need to check the availability of either of these, we will be happy to contact the YMCA for you. The YMCA of the USA is working on a reciprocal membership plan at this time and it is our hope to be able to give you more exact information in the future.

Family memberships include only those children living in the parents' home under the age of 18, unless attending college and are under the age of 21.



WHAT YOUR YMCA MEMBERSHIP MEANS

Being a member of the "Y" is more than using the pool, gym, weight rooms, or courts. Membership in this association is an attitude and an atmosphere produced by the life of all those who are members regardless of where they are or what they are about. Soon you may begin to feel their presence, their support, their understanding — and they will begin to feel your contribution to their own lives. For you are a member of a fellowship of people who have accepted the purpose and goals set out below...united by the common concern for improving the quality of life.

MEMBERSHIP CARDS

A permanent membership card will be issued to all members over the age of fifteen when a membership is paid in full. In the event of a payment plan being used, a temporary card will be issued for use until payment is complete. Children under the age of 15 do not receive cards. Memberships are not transferable. A person lending their card for someone else to use is subject to the loss of the card and membership privileges. A lost card may be replaced at the front desk. There is a $1.00 fee for the replacement of any lost cards. We offer members a filing service at the front desk where you may leave your card on file for a $1.00 annual filing fee. Bank draft members need to have their membership cards validated once a year at the front desk.

FAMILY SWIM

In our program listing there is reference to Family Swim times. These times are open for any of our members and their immediate family to use at no charge. Guests may accompany you to the YMCA, but a one day membership must be purchased.

GUEST PRIVILEGES

Members may bring guests to the YMCA. There are *no* free guest privileges unless they are announced and authorized by the Board of Directors during a membership promotion. One day guest passes may be purchased at the front desk. Guests utilizing the Mens Fitness Center must be accompanied by a MFC member.

EQUIPMENT CHECK IN/CHECK-OFF

The Terre Haute Family YMCA has some equipment available for our members to use. We ask that this equipment be cared for as if it were your own. We have basketballs, volleyballs, and walleyball equipment available for your use at the front desk. In order to get any of the equipment, you will need to show your current membership card and leave your car keys or wallet as security. The Youth Department has a variety of recreational equipment and games for the youth members to use. This is available through the Youth Department and they have their own check-in procedure.

TELEPHONES

The Terre Haute Family YMCA has business phones only at the front desk. A pay phone is available for our members' use by the front desk. There is a phone in the Mens Fitness Center for their use also. *Please* do not ask to use the business phones at the YMCA.

TELEPHONE MESSAGES

The YMCA is not equipped with a paging system. We will attempt to find someone *in case of an emergency.* We will take messages and post them at the front desk.

PARKING

The YMCA has a limited parking lot available for our members use directly behind the YMCA. We have access to the parking lot at the AP&S Clinic for use only prior to 8:00 a.m. and after 5:00 p.m. Please observe this policy or we could lose this privilege also. Other parking is available off the street and on the street as availability dictates.

LOCKERS

Lockers are available for members use in the respective locker rooms while at the YMCA. Please, put locks on your lockers when here. *We are not responsible for lost or stolen articles.* Locks must be removed when you leave the facility.

KEYS

Keys to the Mens Fitness Center may be picked up at the front desk upon signing in and presenting your membership card. *There is a $1.00 fee for the replacement of any lost key and must be paid prior to receiving another key.*

CANCELLATIONS AND CHANGES

Periodically classes and programs are cancelled and/or changed. Classes will only be cancelled for lack of registration or other significant reasons. In the case of a cancellation, the staff will make every effort to find a suitable replacement for the program cancelled. Cancellations are dictated by registration, so we encourage you to register early for the programs you want. Occasionally we have to make a change in a time or location of a program or class. This is done to benefit the most amount of people and sometimes can not be foreseen. We apologize for any inconvenience.

FITNESS

WHAT IS A FIT TICKET?

The Fit Ticket is a monthly pass that can be used for one or as many fitness classes as you desire for only one monthly fee.

HOW DOES IT WORK?

Simple. A Fit Ticket is sold by the month at the YMCA. Buy as many months at once as you like. You may purchase them by the month, quarterly, or annually.

HOW MUCH DOES A FIT TICKET COST?

Monthly Fit Tickets are available for members and non-members. An annual pass is available to YMCA members only.

WHAT FITNESS CLASSES CAN I CHOOSE?

Fitness classes available on the Fit Ticket are: Aerobics Plus; TNT Challenge; You and Me, Baby, Hydra-Shape; Aerobic Hydra Weight Circuit; Tone & Tighten, Dance Aerobics, Aerobics Plus Conditioning; and Low Impact Aerobics.

ADULT FITNESS PROGRAMS

AEROBIC HYDRA WEIGHT CIRCUIT

Meets in Hydra Fitness Center and includes: 5 minutes warmup; 20 minutes aerobics; 22 minutes muscular strength and endurance; 5-7 minutes cool down.

There are 11 two-minute stations: Deltoids; Pectorials; Quads, Calves; Triceps, Trapezius; Gluteals, Abdominals; Deltoids, Lats; Quads, Calves; Abdominals, Obliques; Inner/Outer Thighs; Chest/Back; Waist, Gluteals. The five aerobic stations are: Rower; Skier; Stationary Bike; Rope Jumping; and Jogging.

Co-ed, challenge to both men and women, *not recommended for beginners.*

LOW IMPACT AEROBICS (LIA)

Sixty minutes of choreographed, cardiovascular workout, incorporating the use of one pound hand held weights (optional). LIA has taken away the high intensity jumps and jogs associated with aerobics. One foot is in contact with the floor at all times; lower body movements are exaggerated, movements are well-defined and controlled. Low impact should not be confused with low intensity. LIA is not meant to reduce the intensity of the workout. LIA can significantly elevate the heart rate to training zone. *Highly recommended for beginners.*

DANCE AEROBICS

Choreography includes dance steps to a variety of contemporary music. Sixty minutes includes warm up, aerobics, muscular strength and endurance, and flexibility. If you enjoy dancing, this exercise program will be fun for you.

HYDRA-SHAPE

Well controlled circuit training class which utilizes hydra-fitness (pressurized air cylinders) equipment. Hydra-shape will provide a variety of workouts for individuals with intermediate or advances cardiovascular and muscular capabilities as well as for the beginner. Sixty minutes-air conditioned room. Free to HFC members. Recommended for beginners.

TNT (TONE AND TIGHTEN)

Exercises are designed to tone, tighten, and firm the body. Focus is on arms, chest, buttocks, hips, thighs, abdominals and waist. NO aerobics included. Entire class is devoted to muscular strength, endurance, and increase in flexibility. Rubberband work is included and one pound hand-held weights for added resistance.

TNT CHALLENGE

Recommended for participants who have reached an intermediate or advanced fitness level. Women will use 3, 5 and 10 pound dumbbells for upper body work and men will work with 5, 10 and 15 pound dumbbells. Both men and women will use 1, 1½, 2 or 2½ pound ankle weights for lower body work. *Weights are not provided by the YMCA.* Advanced workout for muscular strength and endurance, NO aerobics included. Co-ed, 60 minutes.

AEROBICS PLUS WORKOUT

The regular exerciser or anyone who has completed Low Impact Aerobics will be challenged to maintain their high level of fitness in this program. Each class will offer a warm-up, 35 minute aerobic component and a 15 minute muscular strength and endurance. Class will replace both TUFF and Aeroflex that are no longer being produced by the national YMCA and therefore aren't available to us any longer. Classes will still be based on the material from these two former YMCA programs and supplemented with new and exciting routines.

NEW HIGH LEVEL AEROBIC PLUS CONDITIONING WORKOUT

This is a 90 minute workout incorporating slightly longer cardiovascular component, plus 40 minutes of conditioning and strengthening exercises.

OUTREACH CLASSES AVAILABLE

Aerobics Plus meets at Dixie Bee School. Low Impact Aerobics Plus Conditioning meets in Rockville, Indiana.

YOU AND ME, BABY — PRE-NATAL

The national YMCA's proven safe, isotonic, flexibility and isometric exercise program for pregnant women to start at any point in their pregnancy. Class meets in the YMCA pool, which is a very comfortable medium for exercise during pregnancy and/or in the classroom where focus is on stretching, moderate aerobic activity, and group discussion.

YOU AND ME, BABY — INFANT EXERCISE, POST-PARTUM CLASS

The program is designed for the recently delivered Mom and her baby. Classes incorporate exercises designed to help the post-partum woman regain her pre-pregnancy shape. A special section is devoted to exercises Mom and baby can do together. Time set aside for infant exercise and infant massage. *Physician approval is required.*

BODY & HEART

Program is a co-ed strength, endurance and aerobic workout. The class utilizes stretchable surgical tubing for resistance exercises. Vigorous calisthenics are included. All participants will be fitness tested at beginning and end of course. Weight room is used one day per week.

YOUTH FITNESS PROGRAMS

YOUTH STRENGTH TRAINING

Special strength training program for youth ages 11-17. Adult supervision in hydra-fitness, universal type machines, and free weights. Class focus is on education of proper weight lifting techniques with emphasis on toning and conditioning for health and fitness.

TUMBLING ONLY CLASS

Children must be ages 6-12 to enroll. Children will work on cartwheels, head and hand stands, splits, jumps, front and back limbers and walk-overs. Ability level is considered.

KID'S HEART BEAT

A fitness program just for the kids. Includes skipping, hopping, jumping, and exercises that are fun. Great for the heart and will make kids stronger too. Class available for kids ages 3-7.

YOUTH AEROBICS

A fun exercise program with stretching, aerobics and floor exercises geared for ages 10 thru 14. Easy to follow and set to "Top 40" music.

TAE KWON DO

A program to increase flexibility, physical fitness, coordination, balance, symmetrical development, concentration, self-confidence and discipline.

WELLNESS

YMCA PHYSICAL FITNESS TESTING PROGRAM

Fitness evaluation: A great way for both beginners and regular fitness enthusiasts to determine their present fitness level and the current program for their needs.

Objectives: Assess current fitness levels; identify training needs; select training regimens; evaluate a participant's progress; motivate participants. Complete evaluation costs only $20.00 for members and $30.00 for non-members.

Areas evaluated: The four areas of physical fitness selected for evaluations are: body composition; cardiorespiratory endurance; flexibility and muscular strength and endurance.

INDIVIDUAL FITNESS CONSULTATION

As a member of the YMCA, our staff is always available to assist you with your fitness needs. We can assist you with identifying your training needs, selecting your training regimen, and recommending specific exercise and general weight control guidelines, and in implementing your special program.

LEARN HYDRA-FITNESS, FREE WEIGHTS, OR MARCY WEIGHT MACHINE

Interested in using the YMCA's Hydra-Fitness, free weight, or Marcy equipment, but aren't sure you know how to correctly use the machinery? Please ask us! In addition to the ongoing classes offered in the Hydra Fitness Center, YMCA staff is available to show you how to properly use the equipment, at no cost to you. Contact Sarah Harruff at the YMCA for your appointment.

NEW MEMBER FITNESS ORIENTATION

If you are new to the YMCA and its programs, you must attend a New Member Orientation. This orientation will help in getting you off to the right start. Orientations can be scheduled with the office at a time that is convenient for you. During the orientations, participants will complete a health questionnaire, learn about YMCA fitness programs, tour the YMCA facility, and answer any questions that you might have. Approximately 25 minutes.

CORPORATE HEALTH ENHANCEMENT

The YMCA will set up a fitness and health enhancement program for your employees either at your place of business or at the YMCA.

AQUATICS

WATERBABIES

A get acquainted to the world of aquatics for ages 6 months to 2 years. A parent must accompany child into the water. A YMCA instructor directs the parents in skills to work on with the child. This is an excellent program that provides a unique environment for parent-child bonding to take place.

PRESCHOOL I

This class is for the preschooler ages 3 to 5 years old. Beginner skills are taught including introduction to the water, floating and basic water safety. Elementary forms of swimming on the stomach and back are also introduced in this class. Parents are asked to observe from the observation window above the pool.

PRESCHOOL II

Class is offered to the child who has completed the skills in Preshool I. Children will work on refining strokes, endurance, and more aquatic games.

PARENT AND TOT WATER AWARENESS

Program is for children 6 months to 5 years of age. One parent must accompany child in the water. This is a time for mom or dad to have fun with their infant or preschooler in an aquatic environment. A YMCA instructor will guide the parents in teaching the child some basic skills.

YOUTH SWIM LESSONS

BEGINNER I

This class is offered for the youth with absolutely no aquatic skills. Student will become familiar with the water and be introduced to front and back crawl. Water safety and introduction to deep water will also be introduced.

BEGINNER II

Students will further develop skills taught in Beginner I as well as begin work on endurance swimming. Finning, sculling and treading water are skills that will be introduced to students in this class along with more deep water work.

ADVANCED BEGINNER

Students must have completed skills in Beginner II class. Class is desinged to help students perfect strokes learned thus far, along with being introduced to survival floating, under-water swimming and the scissors kick.

INTERMEDIATE

Must have completed Advanced Beginner course. New skills include breast stroke, basic diving skills and basic skills to be used in water emergency situations.

SWIMMER

Must have completed the Intermediate course. Students in this class will work on perfecting endurance swimming skills. New skills will be the butterfly stroke, flip turns, side stroke, disrobing in the water and long shallow diving.

ADVANCED SWIMMER

Students must have completed the swimmer course. In this course students will work on competitive starts, turns and stroke techniques. They will also be introduced to and work on lifesaving strokes and small craft safety.

YOUTH SWIM CLUB

This is a new program at the Terre Haute YMCA! For youth 15 years old and younger who can swim one length of our pool (25 yards) using one of the four competitive swim strokes. Regular class meetings will be similar to that of a competitive swim team practice. The difference is we will be putting less emphasis on endurance swimming and more emphasis on improving strokes, starts, and turns. We will participate in some swim meets along with several other special events.

SCUBA

Participants will be P.A.D.I. certified upon successful completion of course. Minimum age is twelve years old and must complete minimal swimming skills test. Participants must provide a mask, fins, and snorkle. All other equipment will be provided by Bill Fisher and Scubaland.

"HOUSE CALL" LESSONS YMCA SWIMMING INSTRUCTORS

America's Favorite for over 100 Years...Now Make House Calls!

If you are a pool owner and would like to have swim instruction for your preschooler, or school age child and their friends, or perhaps for yourself and other adults (this includes water exercise as well!); we will make arrangements to send a YMCA instructor to your pool for lessons!

For more information call Doug Tilford at 232-2361.

LANDLUBBER II

This is an excellent class to perfect your strokes or just to help you stay fit. The breast stroke and sidestroke are your new strokes in this class, and emphasis is put on a lot more endurance swimming.

ADVANCED LIFESAVING

This is a high level course that demands swimming skill, stamina, and motivation. You will develop the skills necessary to save lives, alone or with others, in a variety of basic and complex situation. You will learn how to make swimming rescues of conscious victims and learn the special defenses, releases, and escapes that are sometimes needed to protect the rescuer from being pulled under by a panickey victim. Prerequisites: Age 15 and completion of a swimming test.

WATER SAFETY INSTRUCTOR

Course trains instructors to teach American Red Cross progressive swimming along with basic water safety and advanced lifesaving. Participants must be 17 years old, have passed the ARC advanced lifesaving course, and swimmer course or be able to perform swimmer level skills.

SENIOR CITIZEN WATER EXERCISE

Open to all area senior citizens. An excellent way to exercise and enjoy the water in the company of other senior citizens. Class fees are paid daily at a rate of 60¢ per day. Participants must pay a $5.00 senior swim membership fee yearly.

OPEN LAP SWIMS

Open to any member who can swim laps in our pool.

ADULT LAP SWIMS

Open to members 16 years of age or older who can swim laps in our pool. Lap swimming is one of the best all-around cardiovascular workouts you can give yourself. We swim up to four persons to a lane using a circle swim technique.

ADULT SWIM LESSONS

LANDLUBER I

This class is for the beginning adult that has either had no instruction or is terrified of the water. It is never too late to learn to swim. Participants will be introduced to floating, breath control, treading water, front and back crawl and the elementary backstroke.

AQUASIZE

Refreshing exercise in the pool for fitness and figure control. Repetitions to trim and tone, stretching for flexibility and brisk, lively movements for endurance. It is not necessary to be a swimmer to enjoy this class. A fun way to exercise.

SCUBA DIVING

Contact the aquatic director at the YMCA.

AQUAJOINTS

This is a water exercise program designed by the National Arthritis Foundation specifically designed to help individuals with arthritis or other joint discomfort.

ADULT SWIMMING/CONDITIONING

This course is designed to improve stroke technique for increased speed or general conditioning. Participants must be able to swim 200 yards continuously and be 18 years of age or older.

RECREATIONAL SWIM

We offer three types of recreational swims: Family, open and youth splash. These are times to have fun in the pool. No instruction is given although at least one lifeguard is always present. Come enjoy the water and the positive effects it has on your body.

FAMILY SWIM

Open to all members. Youth 15 years and younger must be accompanied by parent. This is a great idea for a weekly family outing.

OPEN SWIM

Children who are not in first grade or older must be accompanied by parent at open swims.

YOUTH SPLASH

Open to all youth members who are in the first grade or older. Enjoy the water. Additional youth splashes will be arranged during vacation fun days.

YOUTH

YMCA The family Place!

YOUTH

The Youth Sports Program at the YMCA believes in the basic fundamentals of teaching new skills and everyone is a winner! The youth sports programs are for boys and girls in the Wabash Valley. Our programs work on teaching sportsmanship, fair play, and teamwork.

PRESCHOOL T-BALL

Ages: Boys and girls 3, 4, and 5. Dates: June 6-29, Tues./Thurs. 4-5 year olds. June 7-28, Wed. 3 year olds. Members $10.00 / Non-members $14.00.

GIRLS VOLLEYBALL CAMP

Grades: 4, 5, and 6; 7 and 8. Camp director: Rhonda Low, head coach, Terre Haute South. For more information contact YMCA at 232-2361.

JR. HIGH VOLLEYBALL LEAGUE

Grades 7 and 8. Starting date: June 5.

SR. HIGH VOLLEYBALL LEAGUE

Grades: 9-12. Starting date: June 6.

A NOTE FOR PARENTS

Volunteers are needed in many areas for both spring sports. Officials, scorekeepers, assistant coaches and coaches are all important roles for parents to fill. Please help us prepare for the season. We need you; inquire about our volunteer program.

SUMMER YOUTH PROGRAMS

SUMMER FUN CLUB

Dates: June 5-August 18. Time: 9:00 a.m.-3:00 p.m. Fees: Members: $4.00 per day / Non-members: $6.00.

SUMMER DAY CAMP

A tradition of summer fun with day camping, swimming, crafts, sports and field trips make day camping fun. Dates: June 5-August 18. Time: 9:00 a.m.-4:00 p.m. No camp July 4. Fees: Members: $40.00 per week ($35.00 second child) / Non-members: $50.00 ($45.00 second child). Sunshine Co.: $7.50 per week, 7:30-9:00 and 4:00-5:30.

YOUTH FITNESS PROGRAMS

TUMBLING ONLY CLASS

Children must be ages 6-12 to enroll. Children will work on such stunts as cartwheels, head and hand stands, splits, jumps, front and back limbers and walk-overs. Ability level is considered. Mon.-Wed. 4:00-4:45 p.m. Fees: Members: $10.00 / Non-members: $20.00.

PRE-SCHOOL TUMBLING CLASS

Boys and girls ages 3-5. Stretches, stengthening exercises. Skills such as front and back rolls, straddle rolls, jumps, bridges, cartwheels, and fun stuff, too. Eight week class. Dates: June 5-July 30, meets Mon.-Wed. 10:00-10:45 a.m. Fees: Members: $8.00 / Non-members: $16.00.

KID'S HEARTBEAT

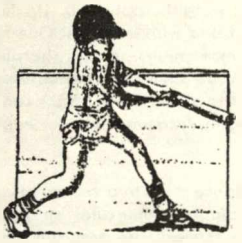
A fitness program just for kids. Includes skipping, hopping, jumping, and exercises that are fun. Great for the heart and will make kids stronger too. Class available for kids ages 3-7. Days: Tues.-Thurs. 4:00-4:45 p.m. Fees: Members: $8.00 / Non-members: $16.00.

YMCA YOUTH CHEER CAMP

Saturday, June 17, 10:00 a.m.-4:00 p.m. 9:00-10:00 late registration. Youth ages 6-15 may attend. Children will be divided by age. Activities: Cheer dance, cheers and chants, tumbling and climbing, and jumps.

Leadership: South Vigo H.S. cheer coach Kim Keyes is director. South Vigo senior varsity and junior varsity cheerleaders will conduct group instruction.

Fees: Members: $5.00 / Non-members: $10.00. T-shirt fee: Optional $5.00 (must be paid by June 9).



FACILITIES

The Terre Haute Family YMCA provides these facilities for our members' use:

Swimming pool
Gymnasium
Four handball/racquetball courts*
Three wallyball courts*
Free weight room
Weight room with eight station universal type machine
Hydra-fitness center*
Three multi-purpose rooms
Youth department
Mens/boys locker room
Womens/Girls locker room
Mens fitness center*
Snack room

United Way

*Indicates areas that additional fees are charged for use. All other areas are included with basic membership privileges.

HOURS OF OPERATION

The Terre Haute Family YMCA observes the following hours of operation:

First Sunday in October through Memorial Day

Monday through Friday 5:30 a.m. — 10:00 p.m.
Saturday 5:30 a.m. — 8:00 p.m.
*Sunday 1:00 p.m. — 6:00 p.m.
*This day is only for members and their families.

Memorial Day through first weekend in October:

Monday through Friday 5:30 a.m. — 9:00 p.m.
Saturday 5:30 a.m. — 6:00 p.m.
Sunday Closed